

## Need Help Making a Good Confession?

### Guidelines for Married People

Going to the Sacrament of Reconciliation (Confession) is not difficult, but it does require preparation.

You begin with prayer, placing yourself in the presence of God, our loving Father. You want to find healing and forgiveness through being repentant (sorry for your sins) and by firmly resolving to sin no more.

Review your life since your last confession, searching your thoughts, words and actions for that which did not conform to God's command to love Him and one another through His laws and the laws of His Church. This is called an 'examination of conscience.'

#### Family

- Do I try to both talk *and listen* with an open heart to my spouse and children?
- Have I paid attention to my spouse's other concerns, worries, and problems?
- Do I apologize and forgive quickly?
- Am I self-centered and demanding at home?
- Do I allow each person in my family to be uniquely themselves, or do I try to control them?
- Do I try to live up to the Church's teaching on responsible family planning, or do I assert my own desires?
- Am I bringing up my family in the Roman Catholic faith?
- Am I carrying on any kind of sexual relationship (real or virtual) with anyone other than my spouse?

#### Friends

- Have I had a proper Christian concern for the poor and needy?
- Do I try to share my gifts and abundance with the less fortunate?

- Am I truthful and honest in all I do and say?
- Do I ever treat people as objects, especially in a sexual way?
- Do I always look for the best in people I meet?
- If I am in a position of leadership or management, do I strive to be fair and just to those who report to me?
- Have I held resentments and anger against those with whom I work, with relatives or friends?
- Have I deliberately hurt others physically, injured their reputation or honor, or destroyed their material possessions?
- Do I respect all human life from conception to natural death?
- Have I abused any of God's gifts through my actions (for example, excessive eating, drinking, extravagant purchases, etc.)?
- Have I allowed the Gospel to influence my political and social opinions?

#### Faith

- Do I pray every day (10-15 minutes), and do I listen to the Lord in prayer?
- Do I put my faith and trust in God alone, especially in time of temptations or trouble?
- Do I use the name of Jesus with love and respect?
- Do I attend Sunday Mass every week, paying attention, and participating in the hymns and responses?
- Do I own a Bible, and have I read it regularly?
- Have I studied the truths of our faith and allowed them to become more part of the way I think and act?
- Have I read any spiritual books or religious literature, or attended any events to learn more about my faith?
- Do I willingly and gladly stand up for my faith?
- Am I a good witness/example of what it means to be a Catholic Christian?

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